



## MAY 2023 HOPEDALE SENIOR CENTER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	2 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class	3 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	4 10:00 am Watercolor Class 1:00 pm Tai Chi	5 10:00 am Re-boot Strength & Balance  12:00 pm Senior Center closes
8 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class  <b>Errand Van Available</b>	10 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	11 9:00 am Volunteer Breakfast (By Invitation) 10:00 am Watercolor Class 1:00 pm Tai Chi  <b>Errand Van Available</b>	12 10:00 am Re-boot Strength & Balance  12:00 pm Senior Center closes
15 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Lunch at Senior Center 12:30 pm BINGO	16 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class <b>ANNUAL TOWN MEETING 7pm HIGH SCHOOL</b>	17 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am No Meditation 12:30 pm No Literature 1:00 pm Cribbage	18 10:00 am Watercolor Class 10:00 am Knitters' Group 1:00 pm Tai Chi	19 10:00 am Re-boot Strength & Balance  12:00 pm Senior Center closes
22 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise  12:30 pm BINGO	23 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class <b>Errand Van Available SPECIAL ELECTION DRAPER GYM</b>	24 10:00 am Low Impact Exercise 11:00 am No Meditation 12:00 pm Lunch at Senior Center 12:30 pm No Literature 1:00 pm Cribbage	25 10:00 am Watercolor Class  1:00 pm Tai Chi 1:00 pm COA Board Meeting  <b>Errand Van Available</b>	26 10:00 am Re-boot Strength & Balance  12:00 pm Senior Center closes
29 <b>CLOSED</b>  <b>MEMORIAL DAY HOLIDAY</b>	30 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class	31 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage		

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